

R381-60-23: DIAPERING

This section gives the rules and information about diapering children in a child care setting. Diapering rules are designed to protect the health and safety of the children and apply to all diapered children regardless of their ages, including the provider's and caregivers' children. A provider's policies on diapering should comply with the requirements of the American with Disabilities Act (ADA). For more information about this law, refer to: www.ada.gov.

The rules pertain to how often diapered children are changed, the procedures for changing diapers, and the supplies that are used. Diapering rules, as applicable, cover disposable training pants, hybrid diapers, and cloth diapers.

CCL staff will observe a diaper change during an inspection to verify compliance with the rules in this section. When observing the diaper change, they will stand back and out of the child's line of vision in order to help maintain the child's privacy and comfort level while being changed.

When no diapered children are present or awake during the inspection, CCL staff will:

- Document that a diaper change was not observed.
- Observe a diaper change at the next annual inspection.

If the provider accepts children who wear diapers:

- (1) The provider shall post diapering procedures at each diapering station and ensure that they are followed.**

Rationale / Explanation

The purpose of this rule is to ensure that all caregivers are aware of and follow correct diaper changing procedures in order to prevent the spread of bacteria *CFOC 3rd ed. Standard 3.2.1.4. pp. 106-107*

Although they are not all required by CCL, the American Academy of Pediatrics (AAP) and the American Public Health Association (APHA) recommend the following diapering procedures.

- ① Before bringing the child to the diaper changing area, wash your hands and gather all needed supplies including – a clean diaper, clean clothes (if needed), baby wipes removed from the container, disposable gloves (if needed), and diaper cream on a tissue or paper towel.
- ② Carry the child to the changing table, keeping soiled clothing away from you and from any surface that cannot be easily cleaned and disinfected.
- ③ Unfasten the soiled diaper but leave it under the child. Lift the child's legs as needed and use the disposable wipes to clean the child, wiping from front to back, using a fresh wipe each time. Put the used wipes into the soiled diaper or directly into a plastic-lined, hands-free covered container.
- ④ Fold the soiled diaper inward and put the soiled diaper into the designated container. If reusable cloth diapers are used, put the soiled diaper and its contents (without rinsing) into a plastic bag or the designated container.
- ⑤ If gloves were used, remove them and put them into the designated container.
- ⑥ Use a disposable wipe to clean your hands and another wipe to clean the child's hands. Put the used wipes into the designated container.

- ⑦ Slide a clean diaper under the child and use the tissue or paper towel to apply any necessary diaper cream. Dispose of the tissue or paper towel in the designated container, then fasten the diaper.
- ⑧ Wash the child's hands and return the child to the group.
- ⑨ Clean and then sanitize the diaper changing surface.
- ⑩ Wash your hands.

Compliance Guidelines

- Changing a child's clothing due to a toileting accident is not the same as diapering a child, so diapering procedures do not need to be posted in areas where diapering does not occur.

Low Risk Rule Violation

Corrective Action for 1st Instance

Warning

- (2) **Caregivers shall ensure that each child's diaper is:**
- (a) **checked at least once every 2 hours,**
 - (b) **promptly changed when wet or soiled, and**
 - (c) **checked as soon as a sleeping child awakens.**

Rationale / Explanation

The AAP and the APHA recommend that children's diapers are visually checked at least every two hours, and whenever the child indicates discomfort or exhibits behavior that suggests a soiled or wet diaper. The frequency and severity of diaper rash is lessened when diapers are changed more often. *CFOC 3rd ed. Standard 3.2.1.3. pp. 105-106.*

Compliance Guidelines

- Rule defines how often diapers are checked, but not how they are checked.
- Caregivers do not have to wake a sleeping child to check a diaper.
- The 2-hour time for checking diapers begins when the child arrives at the facility.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

- (3) **Caregivers shall change children's diapers at a diapering station. Diapers shall not be changed on surfaces used for any other purpose.**

Rationale / Explanation

Changing diapers on surfaces used for other purposes, such as the floor or a counter, increases the likelihood of contamination of those areas. *CFOC 3rd ed. Standard 5.4.2.4. p. 249.*

Compliance Guidelines

- Children who have outgrown being changed on a diapering table may be changed on a mat or other smooth, waterproof surface that is placed on the floor next to the diapering station.
- Children who are potty training may be changed in a bathroom as long as other applicable diapering rules are observed, such as handwashing and the disposal of the diapers or pull-ups.
- If a child who is potty training has a toileting accident, the child may be changed on a mat or other smooth, waterproof surface that is placed on the bathroom floor. The mat must be thoroughly cleaned and sanitized after the change and it may not be stored behind the toilet.

- A caregiver may change a diaper while the child is standing if all diapering rules are followed.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

(4) The diapering surface shall be smooth, waterproof, and in good repair.

Rationale / Explanation

The purpose of this rule is to ensure that diapering surfaces can be adequately cleaned and sanitized in order to prevent the spread of disease. It is difficult, if not impossible, to sanitize porous surfaces or surfaces with cracks or tears. Even a small crack somewhere on the diapering surface could allow bacteria to grow. *CFOC 3rd ed. Standard 5.4.2.4. p. 249.*

Compliance Guidelines

- A diapering surface that is in good repair means that there are no tears, cracks, or holes making the surface difficult to sanitize.
- A diapering pad that is repaired with items such as plastic or duct tape, or vinyl glue (if the glue is waterproof when dry) is acceptable as long as the repair is on the underside of the pad and not on the side where a child is changed.
- It is not out of compliance if there is a small crack on the frame of a changing table or other surrounding surface as long as the crack is not on the surface where the child is changed.
- Changing a child on an unused diaper does not meet the requirement of this rule.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

(5) Each diapering station shall be equipped with railings to prevent a child from falling when being diapered.

Rationale / Explanation

Diapering stations should be equipped with railings or barriers to prevent falls. Safety straps on changing tables trap soil and they are not easily disinfected. Therefore, diaper changing tables should have railings instead of using the safety straps. *CFOC 3rd ed. Standard 5.4.2.5. p.250.*

Compliance Guidelines

- The railings should prevent a child from rolling or falling off the changing table (i.e. the railings should not be flush with the diapering mat).
- The diapering station may have molded edges or contoured changing mats instead of railings as long as they are high enough above the mat to prevent a child from rolling or falling off the changing table.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

(6) Caregivers shall not leave children unattended on the diapering surface.

Rationale / Explanation

Data from the Consumer Product Safety Commission (CPSC) shows that falls are a serious

hazard associated with diaper changing tables. Caregivers should never leave a child unattended on a diapering surface. *CFOC 3rd ed. Standard 5.4.2.5. p.250.*

Compliance Guidelines

- A provider is considered attending the child if they are facing the child and not more than an arm's length away from the child.

High Risk Rule Violation

Corrective Action for 1st Instance

Citation and CMP Warning

- (7) **Caregivers shall clean and sanitize the diapering surface after each diaper change, or use a disposable, waterproof diapering surface that is thrown away after each diaper change.**

Rationale / Explanation

Many infectious diseases can be prevented through appropriate cleaning and sanitizing procedures. Many sanitizers leave residue that can cause skin irritation or other symptoms so caregivers should always follow the manufacturer's instructions when cleaning and sanitizing. *CFOC 3rd ed. Standard 5.4.2.6. p. 250.*

Compliance Guidelines

- Cleaning and sanitizing instructions described in "Section 15: Health and Infection Control" must be followed.
- A caregiver must clean any visible body fluid from the diapering surface and then sanitize the entire diapering surface according to the instructions on the sanitizing product being used.
- The surface under the pad does not have to be cleaned and sanitized unless it is visibly dirty.
- Any product that comes with manufacturer instructions for use as a sanitizer may be used.
- Hand sanitizers may not be used to sanitize diapering surfaces.
- Disinfecting wipes (not hand wipes) can effectively sanitize a surface if the surface remains wet for the time designated by the manufacturer.
- A stop watch (or clock, phone, iPad, etc.) can be used to verify that the sanitizer remains visibly wet on the surface for the amount of time listed on the product label. To be in compliance, the time must be within 5 seconds of the manufacturer's required time. If the product is not left on the surface for the required amount of time, the surface will not be sanitized.
- A caregiver should never diaper a child on a surface that is still wet from being cleaned and sanitized. The surface may air dry or, after the sanitizer has remained on the surface for the required amount of time, it may be wiped dry.
- Even when there is only one child who uses the diapering surface, the surface still must be cleaned and sanitized after each use to prevent bacteria and germs from growing on the surface or spreading to another area.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

- (8) **Caregivers shall wash their hands after each diaper change.**

Rationale / Explanation

Many types of infectious germs may be contained in human waste (urine and feces). Touching a contaminated object or surface may spread illness. Handwashing helps prevent the spread of

disease-causing agents. *CFOC 3rd ed. Standard 3.2.3.4. p. 115.*

Compliance Guidelines

- Caregivers must wash their hands with soap and running water after each diaper change.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

- (9) Caregivers shall place wet and soiled disposable diapers:**
- (a) in a container that has a disposable plastic lining and a tight-fitting lid,**
 - (b) directly in an outdoor garbage container that has a tight-fitting lid, or**
 - (c) in a container that is inaccessible to children.**

Rationale / Explanation

When waste containers are plastic-lined and enclosed or are removed from areas occupied by children, odors are contained and children are prevented from coming into contact with body fluids. *CFOC 3rd ed. Standard 5.2.7.4. p. 226.*

Compliance Guidelines

- Flip top or swinging lids on diaper containers are acceptable.
- Diapers may be placed in any container, for example a plastic bag, as long as the container is inaccessible to children.
- Providers may diaper several children, one right after the other, and then properly dispose of all the diapers at the same time. However, handwashing must be done after each diaper change.
- Hybrid diapers such as, gDiapers (www.gdiapers.com), are part disposable and part reusable. Caregivers should not flush the insert, but treat it the same as a disposable diaper and properly discard it as described in this rule. The outside cover of the hybrid diaper should be treated as a cloth diaper.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

- (10) Indoor containers where wet and soiled diapers are placed shall be cleaned and sanitized each day.**

Rationale / Explanation

The diaper container should be cleaned daily to keep it free from a build-up of soil. This standard prevents noxious odors and the spread of disease. *CFOC 3rd ed. Standard 5.2.7.5. p. 226.*

Compliance Guidelines

- The inside of the container needs to be cleaned and sanitized as well as the outside parts that a caregiver touches when they dispose of a used diaper.
- If a provider uses a diaper genie according to the manufacturer's instructions, the inside of the container does not need to be cleaned and sanitized daily.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning

(11) If cloth diapers are used:

- (a) they shall not be rinsed at the facility; and**
- (b) they shall be placed directly into a leakproof container that is inaccessible to any child and labeled with the child's name, or placed in a leakproof diapering service container.**

Rationale / Explanation

Containing and minimizing the handling of wet and soiled diapers so they do not contaminate other surfaces is essential in preventing the spread of infectious disease. Rinsing a cloth diaper or putting stool into a toilet in the child care facility increases the likelihood that other surfaces will be contaminated. *CFOC 3rd ed. Standard 3.2.1.2. p. 105.*

Compliance Guidelines

- Caregivers may machine wash and dry cloth diapers at the facility as long as wet or soiled diapers are inaccessible until they are cleaned.
- A caregiver may flush the content of a soiled diaper in the toilet before placing the diaper in the leakproof container.
- Plastic grocery and other plastic bags may be used to contain cloth diapers as long as the bags are leakproof. Grocery or other plastic bags with holes in the bottoms or sides cannot be used because they are not leakproof.
- The container does not need to be labeled if put into a child's labeled diaper bag or cubby as long as the diaper bag or cubby is inaccessible.
- If a provider only cares for children from one family, they are not required to label the leakproof container holding the used cloth diaper, but it must be inaccessible.
- It is not out of compliance for the caregiver to throw away wet or soiled cloth diapers with parental permission.

Moderate Risk Rule Violation

Corrective Action for 1st Instance

Citation Warning